

# Fly Like a Bird

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Wendy Haggerty (USA) - April 2022  
音樂: Fly Like a Bird - Boz Scaggs



## ROCK R, RECOVER, CROSS, HOLD, ROCK L, RECOVER, CROSS, HOLD

1-2      Rock R to R side, recover L  
3-4      Cross R over L, hold  
5-6      Rock L to L side, recover R  
7-8      Cross L over R, hold

## STEP R, TAP BEHIND, STEP L, TAP FWD, X2

1-2      Step R to R side, tap L behind R  
3-4      Step L to L side, tap R in front of L  
5-6      Step R to R side, tap L behind R  
7-8      Step L to L side, tap R in front of L

## GRAPEVINE, GRAPEVINE 1/4 WITH HITCH

1-2      Step R to R side, step L behind R  
3-4      Step R to R side, touch L beside R  
5-6      Step L to L side, Step R behind L  
7-8      Step L ¼ turn to L side, hitch R knee up forward

## ROCKING CHAIR X2

1-2      Step R forward, recover L  
3-4      Step R back, recover L  
5-6      Step R forward, recover L  
7-8      Step R back, recover L

Enjoy and spice it up!

Contact choreographer: [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.DancewithWendy.com](http://www.DancewithWendy.com)

NOTE: this dance was choreographed in support of people with Parkinson's Disease.  
It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

Last Update - 19 Jul. 2024 - R1